

Bytes of Wellness

May 2016



Empowering Vital Aging

promoting access to community-based services for older adults
to Live Well at Home

[Adult Day at Friendship Center](#) | [Senior Community Service Employment Project](#) |
[Senior Dining](#) | [Senior Transportation](#) | [Senior Food Shelf](#) |
[High-Rise Mobile Food Shelf](#) | [Empowering Vital Aging](#)

Happy Older Americans Month!

And Happy Spring!

This is our second publication of Bytes of Wellness, the E-Newsletter of the Empowering Vital Aging (EVA) program at East Side Neighborhood Services. What are we taking Bytes of? What is Wellness?

The [National Wellness Institute](#) defines wellness as...

- a conscious, self-directed and evolving process of

achieving full potential

- multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment

May is Older Americans Month, the month that our nation joins together to express gratitude for the contributions of older adults, past and present. The contributions are varied and deeply rooted. Led by the Administration for Community Living, this year's theme, "Blaze a Trail," emphasizes the ways older adults are practicing wellness, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

This E-Newsletter features special events at East Side for Older Americans Month and volunteer opportunities.

Be a trailblazer! Join us in activities of inclusion and wellness for older adults in our community.

Take care,
Brenna Horn

Senior Health and Wellness Coordinator

www.esns.org

Upcoming Classes

Blaze a Trail to Wellness!

Tai Ji Quan: Moving For Better Balance Classes

Mondays and Wednesdays, May 2-July 27, 10:00-11:00am

This Tai Ji class reduces risk of falls by improving balance, muscle strength, flexibility, and mobility through mindful movements in a slow, flowing motion.

The class will meet for 12 weeks on Mondays and Wednesdays

beginning May 2.

Living Well with Chronic Conditions

Thursdays, May 5-June 9, 1:30-3:30pm

Developed at Stanford University, this self-management workshop has been offered at hundreds of locations throughout the United States. It helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, heart disease, anxiety, and others to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends, and health professionals
- Understand new treatment choices

This workshop includes group discussion and meets Thursday afternoons for six weeks beginning May 5.

Save the date!

A Matter of Balance

Tuesdays, July 12-August 30, 1:30-3:30pm

Don't let fear rule your life! Join us for this award winning program. In A Matter of Balance, you will learn how to view falls as controllable, make changes to reduce fall risks at home, perform exercises that improve strength and balance, and set goals to increase physical activity.

This session includes group discussion and meets Tuesday afternoons for eight weeks beginning July 12.

All classes are held at East Side Neighborhood Services

(1700 Second St NE, Minneapolis 55413). The cost of these classes is based on ability to pay. Contact Brenna Horn to register 612-787-4055, bhorn@esns.org.

Tai Ji Quan: Moving for Better Balance and A Matter of Balance are sponsored by the Metropolitan Area Agency on Aging in the 7 county metro area. Living Well with Chronic Conditions has been designed by the Stanford University Patient Education Research Center. This program is funded under contract with the Metropolitan Area Agency on Aging Inc. as part of the Older Americans Act Program funding. Presented in partnership with the Wilder Foundation.

Activities at ESNS

Older Americans Month

Celebrate Older Americans Month at East Side Neighborhood Services!



Join us Tuesdays in May at East Side's dining space for a variety of FREE events:

Paying for Long-Term Care

Tuesday, May 3, 10:00-11:00am

Join Elder Law Attorney David Rephan for an informational session on Medical Assistance for nursing homes, Elderly Waiver, VA Pension with Aid and Attendance, and the Minnesota Veterans Home.

Keeping the Keys

Tuesday, May 10, 10:00-11:00am

Learn how driving abilities change as we age, how drivers can compensate for age-based changes, and other practical suggestions. Presented by American Automobile Association (AAA) Minneapolis training staff.

Better Nutrition=Better Brain Health

Tuesday, May 17, 10:00-11:00am

Learn how active nutrition and skill-based habits for older adults and caregivers can improve our daily functioning and thinking. Bridget Doyle PhD RD and Mindy Boyle will present an interactive discussion on how healthy eating habits affect the brain.

Ice Cream Social and Sing-Along

Tuesday, May 24, 11:00am-12:00pm

Join us for a celebratory Ice Cream Social and inter-generational sing-along in acknowledgement of the many gifts of older adults in our amazing community! All ages welcome!

Blaze a Trail Walk

Tuesday, May 31, 10:00-11:00am

Blaze a Trail through our beautiful neighborhood by joining your neighbors for a morning walk! We'll meet at East Side Neighborhood Services and enjoy a leisurely 1 ½ mile walk to celebrate the conclusion of Older Americans Month!

* All programs will be held at East Side Neighborhood Services (1700 2nd Street NE). Contact Brenna at 612-787-4055 or email bhorn@esns.org to let us know you'll join us!

Tuesdays with EVA

Vital Fitness

Tuesdays, 11:00am-12:00pm

Drop by for East Side's Vital Fitness group! The group meets weekly for a variety of exercises that increase balance, strength, and coordination. There is no cost to participate.

Senior Dining

Monday-Friday, 12:00-12:30pm

Join friends for a warm, nutritious meal hosted by Volunteers of

America. \$4.00 suggested donation for Seniors 60+. Please make your reservation 3 days in advance by calling Dawn at 612-787-4093.

Bingo!

Tuesdays, 12:30-1:30pm

Prizes available. No registration required.

All three activities take place in the Senior Dining Space at East Side Neighborhood Services.

Elder Law Clinic

Saturday, May 28, 10:00am-2:00pm

Seniors can meet with an attorney for a half-hour consultation at no charge. To make an appointment, e-mail lmurphy@esns.org or call 612-781-6011. Other dates the clinic will be held are June 25, July 23, August 27, September 24 and October 22.

Volunteer Opportunities

Contribute your strengths with ESNS!

Work with youth, adults, or older adults

Seeking volunteer drivers, resource specialists and more!

Volunteer with NE Seniors

In the Neighborhood

Nutritious Meals Delivered

Eastside Meals on Wheels delivers meals to homebound persons living in NE and SE Minneapolis, and St. Anthony Village.

Contact Eastside Meals on Wheels at 612-277-2529 or via email at info@eastsidemeals.org to register.

Indoor Walking Group

Thursdays, 1:00-3:00pm

Come for a walk on the smooth and climate controlled indoor track at Bottineau Park (2000 2nd ST NE, Minneapolis). After your walk, catch up with the news and have a cup of coffee. Donations are appreciated.

Sponsored by Northeast Senior Services and Bottineau Park.

Foot Clinics

Nail clipping and other foot care is provided by a nurse from Quality Foot Care at two locations.

Upcoming Dates:

- Monday, May 16, NE United Methodist (2510 Cleveland ST NE) from 1:00-2:30pm.
- Thursday, May 19, The Legacy of Saint Anthony (2540 Kenzie Terrace) from 10:00am-12:00pm.

Call 612-781-5096 to sign up. Cost is \$30.00 paid to nurse.

Sponsored by NE Senior Services.

Mammograms & Breast Health

Join Neighborhood Health Source for a monthly mammogram event. Food, breast health education and a listening ear are provided. Most insurance accepted. If you don't have insurance, don't worry-MDH Sage covers costs for eligible women.

Upcoming Dates:

- Wednesday, April 27, Fremont Clinic (3300 Fremont Ave N., Minneapolis)
- Tuesday, May 31, Sheridan Clinic (342 13th Ave NE, Minneapolis)

To schedule a mammogram, call 612-287-2433.

Funding for this program is provided in part by the American Cancer Society.

Diabetes Prevention

Community members are preventing type 2 diabetes with the National Diabetes Prevention Program (NDPP) lifestyle change intervention offered by Neighborhood HealthSource clinics.

Guided by a trained lifestyle coach, groups of participants are learning the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active and managing stress.

Neighborhood HealthSource delivers the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). The local program meets at Fremont, Sheridan, and Central Clinics at various mornings, afternoon, and evening hours throughout the week and costs nothing to participants.

To learn more about the National Diabetes Prevention Program, call Julie Lor at (612) 287-2447.

Free Health Insurance Counseling

Available to Medicare beneficiaries and those soon to start Medicare.

Upcoming Dates:

- Tuesday, May 3, The Legacy Assisted Living (2540 Kenzie Terrace, St. Anthony), 10:00am-1:00pm
- Thursday, May 19, Bottineau Park (2000 2nd St NE, Minneapolis), 1:00-3:00pm

To schedule a free individual appointment, call Northeast Senior Services at 612-781-5096.

This program is brought to you by NE Senior Services and the Metropolitan Area Agency on Aging.

Resources

Nutrition Nuggets

by Bridget Doyle PhD, RDN

Eating well is vital for everyone, but especially as you age. Eating a well-planned, balanced mix of foods every day has many benefits. It gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water.

Eating well helps keep up your energy level, you give your body the fuel it needs throughout the day to do the activities you want to do.

More in the next newsletter on the specific ways to reach these goals.

Community-based Resources

Free Care Consultation from the Alzheimer's Association

Are you concerned about your brain health or the brain health of someone you love? Receive free care consultation from the Alzheimer's Association. Call the Alzheimer's Association 24/7 Helpline at 1.800.272.3900 and request a care consultation today.

MinnesotaHelp.info

MinnesotaHelp.info is Minnesota's statewide, online database of health care, social services, and community resources for seniors, veterans, and others.

STAY CONNECTED:

